

ENHANCE

EFFECTIVE NUTRITIONAL HEALTH ASSESSMENT AND NETWORKS OF CARE FOR THE ELDERLY

PROGRAM DEFINITION

ENHANCE Registered Dietitians administer nutrition screening, counseling, and intervention services at congregate meal sites or homes of older adults found to be high-risk for nutrition-related health problems.

ENHANCE SERVICES

- ✓ Nutrition screenings conducted by Registered Dietitians for older adults at high-risk of nutrition related health problems
- ✓ Medical nutrition therapy
- ✓ Nutrition education
- ✓ Developing and accessing existing resource networks to link older adults to other services in the Community and Senior Services
- ✓ Periodically re-screening of high-risk older adults
- ✓ Analyzing nutritional data collected and outcomes of the project
- ✓ Training staff of AAA nutrition service providers in the County on assessing at high-risk clients

Nutritional Risk Factors

- ✓ Eating few servings of fruits, vegetables, and milk
- ✓ Inability to shop or prepared food
- ✓ Dental issues
- ✓ Living & eating alone
- ✓ Unplanned weight loss or gain that cause changes in amount or kind of food eaten
- ✓ Lack of money to buy food

Client Eligibility Criteria

Older adult consumer (age 60 and over) of home-delivered or congregate meal programs

operated by AAA nutrition providers determined by nutrition program to be at high-risk for nutrition related health problems

ENHANCE SERVICE PROVIDER

A County contractor, Food and Nutrition Management Service, Inc., a private, for-profit agency provides project services.

BENEFITS

- ✓ An estimated 1,000 older adults are screened by ENHANCE on an annual basis
- ✓ Re-screening has shown approximately 85% of clients have reduced their nutritional risk
- ✓ The AAA has gained a better understanding of the scope of and reasons for poor nutritional health of its older adult population
- ✓ Referral networks have been developed and strengthened resulting in a more coordinated system of older adult services throughout the County
- ✓ Program findings have been disseminated both locally and nationally for the benefit of other organizations working with older adults found to be at high nutritional risk.

FUNDING

Older Americans Act Title III-F, Preventive Health Services funds with matching funds provided by contract agency.

RECOGNITION

1996 National Association of Counties Achievement Award Winner and 1996 Los Angeles County Productivity and Quality Award

**Los Angeles County Area Agency on Aging
Information & Assistance
800-510-2020**

